

**ORTHOVISC®**  
HIGH MOLECULAR WEIGHT HYALURONAN

DePuy Synthes Mitek Sports Medicine is a global leader in orthopaedic solutions and is dedicated to providing the tools needed to help you move and feel like yourself again.



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For more information, call *Mitek Sports Medicine* at 1-800-382-4682.

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**DePuy Synthes Mitek Sports Medicine**  
325 Paramount Drive  
Raynham, MA 02767  
T. +1 (800) 382-4682

[www.depuyssynthes.com](http://www.depuyssynthes.com)

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LIFE ISN'T  
A SPECTATOR SPORT.  
IT'S A GAME  
YOU NEED TO PLAY.

Have a real impact on knee pain with  
joint fluid treatment.



**ORTHOVISC®**  
HIGH MOLECULAR WEIGHT HYALURONAN

## KNOW THE FACTS ABOUT TREATING OSTEOARTHRITIS (OA) OF THE KNEE.

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**Myth #1:** There's nothing I can do about my osteoarthritis (OA) of the knee. I'll just have to learn to live with the pain.

**Fact:** Living in pain is not an inevitable part of OA of the knee. There is no cure for OA of the knee, but its symptoms can be managed, particularly if treated early. Various treatments exist, including nonsurgical and nondrug options, such as ORTHOVISC® High Molecular Weight Hyaluronan, which provides up to 6 months of knee pain relief.<sup>1</sup>

**Myth #2:** If I have OA of the knee, I can no longer have an active lifestyle.

**Fact:** With the right treatment, there is no reason why you cannot continue to enjoy the activities you love most. It is crucial that you talk to your doctor about the pain you are feeling so you can get the relief you need.

**Myth #3:** Even if I do get pain relief, it's just temporary. It will always come back again.

**Fact:** Nonsurgical treatments exist that can provide pain relief for up to 6 months. Talk to your doctor for more information.

**Myth #4:** I don't need an injection — that's only for severe arthritis.

**Fact:** Injections are not reserved for those with severe pain. ORTHOVISC is injected into the knee joint, where it acts to replace your natural joint fluid, to help cushion, protect, and lubricate your knee.

**Myth #5:** I've tried over-the-counter and prescription pain relievers and steroid injections. There's no other choice for me now but surgery.

**Fact:** It can be frustrating to not get the pain relief you need. Know that there is a nonsurgical option that may work for you. ORTHOVISC is an FDA-approved, nondrug therapy that can provide up to 6 months of knee pain relief. ORTHOVISC is injected into the knee joint and acts to cushion, protect, and lubricate the knee. Talk to your doctor to see if ORTHOVISC is right for you.

## WITH OA OF THE KNEE, YOUR KNEE'S NATURAL LUBRICANT STARTS TO BREAK DOWN.

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Think of joint fluid — hyaluronic acid — as the knee's shock absorber. If there's less of it around or it's not working properly, you start to feel more pain and discomfort when you move your knee. Over time, as joint fluid continues to break down, cartilage wears away and bones may even start to rub against each other, causing increased pain and swelling. OA of the knee can limit movement and restrict you from doing what you enjoy most.

OA of the knee is usually caused by excess wear and tear on the knee joints as a result of aging or a joint injury. Being overweight, living a nonactive lifestyle, and heredity can also play roles. Although it most often affects those over 45, OA of the knee can also affect people early in life.



## EARLY ACTION IS THE KEY TO STAYING ACTIVE.

OA of the knee affects everyone differently — your symptoms may be mild or very severe. The pain you feel may not be related to how severe your disease is. So, you can have mild OA of the knee, but be in severe pain. What's important is that you monitor how much pain you are in and talk to your doctor if you are not getting the relief you need.

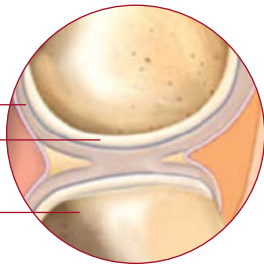
### Healthy knee

Healthy joint fluid cushions and lubricates your knees

Joint fluid

Cartilage

Bone



### Mild to moderate OA

As OA progresses, healthy joint fluid begins to break down

Unhealthy joint fluid

Eroded cartilage



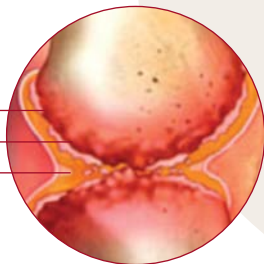
### Severe OA

Without healthy joint fluid, your knees become sore and swollen

Damaged cartilage

Bone spurs

Scarce synovial fluid



## FIND THE TREATMENT THAT'S RIGHT FOR YOU.

The right treatment will depend on how much pain you are feeling and what has or has not worked for you in the past. It is key that you speak to your doctor about your options. Treatments to consider:

### Lifestyle & exercise

- Physiotherapy and knee exercises
- Weight reduction
- Massage and acupuncture

### Over-the-counter (OTC) pain relievers

- Acetaminophen (TYLENOL\*)
- Glucosamine and other nutraceuticals

### Prescription pain relievers

- Celebrex,† Voltaren,‡ Ultram ER§ and others

### Drugs that treat inflammation

- Nonsteroidal anti-inflammatory drugs (NSAIDs) and ibuprofen (MOTRIN||)
- Corticosteroids injected into the knee joint

### Joint fluid treatment

- Hyaluronic acid (natural joint fluid) injections into the knee joint, such as ORTHOVISC

\* TYLENOL® is a registered trademark of McNeil-PPC, Inc. 1998-2010.

† Celebrex® is a registered trademark of Pfizer Inc.

‡ Voltaren® is a registered trademark of Novartis Pharmaceuticals Corporation.

§ Ultram ER® is a registered trademark of Ortho-McNeil, Inc.

|| MOTRIN® is a registered trademark of McNeil-PPC, Inc. 1997-2010.

## ORTHOVISC IS A NONSURGICAL TREATMENT THAT REPLACES YOUR KNEE'S NATURAL JOINT FLUID.

If you have tried pain relievers and they are not giving you enough relief, know that there is more you can do to help manage your knee pain and restore movement.

ORTHOVISC is an FDA-approved, nondrug therapy made from ultra-pure natural hyaluronan. It restores the natural joint fluid (hyaluronan) that cushions, protects, and lubricates your knee joint. With better cushioning, your knee can move and function better. ORTHOVISC contains the highest amount of hyaluronan available per injection and is free of any additives<sup>2</sup>

## ORTHOVISC — FOR UP TO 6 MONTHS OF KNEE PAIN RELIEF.

ORTHOVISC is a non–avian sourced viscosupplementation with lasting efficacy for up to 6 months. ORTHOVISC is derived from bacterial cells.

ORTHOVISC is given as an injection into your knee joint (administered by a health professional) once a week for 3-4 consecutive weeks. After 3-4 injections, studies have shown pain relief that lasts for up to 6 months<sup>1</sup>. Although individual results vary, some people feel relief after the first injection. Talk to your doctor and determine the number of ORTHOVISC injections that are right for you.

## TREATMENT WITH ORTHOVISC



Your doctor may want to recommend a fourth injection at day 22.

<sup>1</sup>Individual results may vary; clinical studies have shown 3 consecutive ORTHOVISC injections resulted in symptom relief for up to 6 months.<sup>1</sup>

<sup>2</sup>Only your doctor can determine what course of treatment is right for you.

## FREQUENTLY ASKED QUESTIONS ABOUT ORTHOVISC.

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### **Is ORTHOVISC right for me?**

If knee pain is keeping you from doing what you love and you've tried other treatments (OTC and prescription pain relievers, exercise, physical therapy, corticosteroid injections) and nothing seems to work or is no longer effective, ORTHOVISC may be right for you. Only your doctor can determine what treatment may be best for you.

### **How quickly can I expect pain relief and how long will it last?**

With just 3-4 consecutive, weekly injections, ORTHOVISC can provide up to 6 months of knee pain relief. Everyone responds differently, but some people experience pain relief after the first injection.

### **Can I receive ORTHOVISC in my doctor's office?**

Yes. ORTHOVISC is given by a trained healthcare professional and can be given in his/her office.

### **Are there any special treatment instructions?**

If you have any known allergies, you should talk to your doctor to determine if you can take ORTHOVISC. For the first 48 hours after each injection, it is recommended that you avoid strenuous activities (eg, jogging, tennis, heavy lifting).

### **Are there any side effects?**

The most commonly reported adverse events are joint pain, back pain and headache. Others include temporary pain at the injection site. ORTHOVISC should not be given to patients with infections or skin diseases in the area of the injection site.

### **Will ORTHOVISC affect any other medications I may be taking?**

Talk to your doctor about all the medications you are currently taking. Your doctor must know your medical information to make the best decision about your treatment plan.



### **How often can ORTHOVISC be injected into my knee?**

The number of courses/injections is a decision you and your doctor need to make. Studies show that retreatment with ORTHOVISC is safe following the initial 6-month treatment period. Consult your insurance provider to find out about coverage for any retreatments you may receive.

### **Will my insurance cover ORTHOVISC?**

Most insurance carriers cover ORTHOVISC. For more information, call our reimbursement hotline at 1-866-633-VISC (8472).

### **How can I find out more about ORTHOVISC?**

Talk to your doctor to see if ORTHOVISC is the right choice for you. To learn more about ORTHOVISC and for free downloadable tools, visit [www.ORTHOVISC.com](http://www.ORTHOVISC.com).



## IMPORTANT SAFETY INFORMATION

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ORTHOVISC is indicated in the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative nonpharmacologic therapy and to simple analgesics, e.g., acetaminophen. In clinical studies, the most commonly reported adverse events were arthralgia, back pain, and headache. Other side effects included local injection site adverse events.

ORTHOVISC is contraindicated in patients with known hypersensitivity to hyaluronate formulations or known hypersensitivity (allergy) to gram positive bacterial proteins. ORTHOVISC should not be injected in patients with infections or skin diseases in the area of the injection site or joint. Strict aseptic technique should be used. The effectiveness of more than one course has not been established.

#### **References:**

1. Brandt KD, Block JA, Michalski JP, et al. Efficacy and safety of intraarticular sodium hyaluronate in knee osteoarthritis. *Clin Orthop Relat Res.* 2001;385:130-143.
2. ORTHOVISC manufacturer's full prescribing information.